





\*Items may be made vegetarian upon request  
Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>CHICKEN TENDERS</b> OR <b>BLACK BEAN SLIDERS</b></p> <p>Au Gratin Potatoes Yellow Squash</p>	<p><b>3</b></p> <p><b>"Rhode Island"</b> Chipotle Vegetable Cheddar Melt Or Cheese Ravioli</p> <p>Garlic Knots Broccoli</p>	<p><b>4</b></p> <p><b><u>NATIONAL TACO DAY</u></b></p> <p>Beef, Chicken, Tofu Tacos</p> <p> Mexican Rice Street Corn</p>	<p><b>5</b></p> <p><b>*Fish Sticks</b> Or <b>Cantonese Pork</b></p> <p>Steamed Rice Braised Carrots</p>	<p><b>6</b></p> <p><b>Beef Brisket</b> Or <b>Vegetarian Burnt Ends</b></p> <p>Parsley Potatoes Cole Slaw Broccoli</p>
<p><b>9</b></p> <p><b>Philly Cheese Steak</b> Or <b>BBQ Tofu Sliders</b></p> <p>Potato Wedges Steamed Broccoli</p>	<p><b>10</b></p> <p><b>"Connecticut"</b> Clucking Awesome Chicken Sandwich Or <b>Buffalo Tofu</b> <b>With Bleu Cheese</b></p> <p>Orzo Brussel Sprouts</p>	<p><b>11</b></p> <p><b>Meatloaf</b> Or <b>Lentil Meatloaf</b></p> <p>Garlic Mashed pot Green Beans</p>	<p><b>12</b></p> <p><b>Honey Roasted Chicken</b> Or <b>Quinoa Stuffed Mushroom</b></p> <p>Apple Couscous Cauliflower</p>	<p><b>13</b></p> <p><b>Meat Lover's Pizza</b> Or <b>Cheese Pizza</b></p> <p>Noodles Roasted Carrots</p>
<p><b>16</b></p> <p><b>Sweet &amp; Sour Chicken</b> Or <b>Broccoli Tofu Stir-fry</b></p> <p>Steamed Rice Roasted Carrots</p>	<p> <b>17</b></p> <p><b>"NEW YORK"</b> Defonte's Roast Beef Sandwich Or <b>Veggie Lover Flat Bread</b></p> <p>French Fries Acorn Squash</p>	<p><b>18</b></p> <p><b>Pork Chops</b> Or <b>Vegan Tostados</b></p> <p>Roasted Potatoes Sautéed Zucchini</p>	<p><b>19</b></p> <p><b>Cheese Tortellini w/ Marinara Sauce</b> Or <b>Grilled Chicken</b></p> <p>Garlic Bread Stick Grilled Vegetables</p>	<p><b>20</b></p> <p><b>French Toast Sticks</b> Or <b>Meat Lover's Scramble</b></p> <p>Sausage Links Cinnamon Apples Roasted Potatoes</p> <p></p>
<p><b>23</b></p> <p><b>Italian Romano Chicken</b> or <b>Parmesan Spinach &amp; Artichoke Pie</b></p> <p>Risotto Green Beans</p>	<p><b>24</b></p> <p><b>"Iowa"</b> Sloppy Joes or <b>Broccoli Cheddar Crepes</b></p> <p>Pierogis Roasted Squash</p>	<p><b>25</b></p> <p><b>BBQ Chicken</b> or <b>Black Bean Sliders</b></p> <p>Mac &amp; Cheese Broccoli</p>	<p><b>26</b></p> <p><b>Meatball Hoagies</b> or <b>Buffalo Cauliflower Naan</b></p> <p>Crinkle Cut Fries Roasted Carrots</p>	<p><b>27</b></p> <p><b>Meat Lover Pizza</b> or <b>Cheese Pizza</b></p> <p>Wild Rice Pilaf Corn</p>
<p><b>30</b></p> <p><b>Hot Dog Bar</b> Or <b>Popcorn Shrimp</b> Spicy Sweet Fries Broccoli</p>	<p> <b>31</b></p> <p><b>"Worms &amp; Eye Balls"</b> (Spaghetti &amp; Meatballs) Or <b>Skelton Fingers</b> (Chicken Tenders)</p> <p>Vampire Potatoes Roasted Ghost Brains (Cauliflower)</p>	<p><b>11/1</b></p> <p><b>Chicken Gyro</b> Or <b>Meatless Sloppy Joe</b></p> <p>Spiral Fries Edamame &amp; Roasted Lemon</p>	<p><b>11/2</b></p> <p><b>Pot Roast</b> Or <b>Stuffed Squash</b></p> <p>Mashed Redskins Roasted Vegetables</p>	<p><b>11/3</b></p> <p><b>Chicken Enchilada</b> Or <b>Cheese Enchilada</b></p> <p>Black Beans Zucchini</p>